

Baked Apples

Yield: 2 servings

Ingredients

2 Apples, medium

1 Tbsp. Oatmeal

½ teaspoon Cinnamon

1/3 cup Apple juice (or water)

¼ cup Raisins

1 Tbsp. Brown sugar

¼ teaspoon Nutmeg, ground (optional)

Directions

1. Preheat oven to 350 degrees F
2. Remove core from apples and peel a strip from the top of each
3. Place apples in cast iron skillet or casserole dish
4. In a small bowl, combine raisins, oatmeal, sugar, and spices. Spoon into the center of apples
5. Pour apple juice into skillet
6. Bake for 40-45 minutes or until apples are tender

Nutrition Facts per serving

180 calories, 0.5 g fat, 0 mg cholesterol, 5 mg sodium, 47 g carbohydrates, 5 g fiber, 1 g protein

